

GATES COUNTY SCHOOL NUTRITION MENU

NOVEMBER 2025

Gates County Public Schools School Nutrition Menu

Fresh Fruit Served Daily



Second Choice Offerings:

Monday Mozzarella Sticks w/ Sauce

Tuesday Chef Salad

Wednesday Nachos w/ Cheese

Thursday Ham & Cheese Wrap

Friday Egg Rolls

**Pizza Served Daily as Second Choice @
Central Middle and Gates County High
School.**

**Peanut Butter and Jelly Sandwiches available
upon request @ all Schools**

Meal Pattern Daily Offerings

Food Comp	Breakfast	Lunch
Milk	8oz	8oz
Vegetable/ Fruit	$\frac{1}{2} + \frac{1}{2} = 1$ Cup	$\frac{1}{2} + \frac{1}{2} = 1$ Cup
Grains	1grain	1grain
Meat/ Meat Alternate	1oz	2oz

Monday	Tuesday	Wednesday	Thursday	Friday
3 Breakfast/Lunch Super Donut Fruit Juice/Applesauce/Milk Orange Tangerine Chicken Steamed Rice Steamed Broccoli Glazed Carrots Fruit Salad Cold Milk	4 Breakfast/Lunch Southern Sausage Biscuit Fruit Juice/Sorbet/Milk Spaghetti W. Meat Sauce Corn Muffin Green Beans Baby Lima Beans Baked Diced Peaches Cold Milk	5 Breakfast/Lunch Breakfast Ham & Cheese on Croissant Fruit Juice/Orange Wedges/Milk Bacon Cheeseburger on Bun Crinkle Cut French Fries Whole Kernel Corn Fruit Cocktails Cold Milk	6 Breakfast/Lunch Cinnamon French Toast/Bacon Fruit Juice/Applesauce /Milk Chicken Fajita Wrap Steamed Broccoli Glazed Carrots Diced Pears Cold Milk	7 Breakfast/Lunch Pumpkin Bread Fruit Juice/ Fruit Sorbet/Milk Walking Turkey Tacos (Dorito Chips) Sweet Potato Wedges Mixed Vegetables Applesauce Cup Cold Milk
10 Breakfast/Lunch Pillsbury Apple Strudel Fruit Juice/Peaches/Milk Chicken Fillet Sandwich Steamed Spinach Whole Kernel Corn Fruit Salad Cold Milk	11 	12 Breakfast/Lunch Southern Sausage Biscuit Fruit Juice/Fruit Sorbet/ Milk Chili Cheese Hotdog Sweet Potato Puffs Baked Beans Pineapple Tidbits Cold Mil	13 Breakfast/Lunch Pancakes /Bacon Fruit Juice / Pears/Milk BBQ Roasted Chicken Corn Muffin Glazed Carrots Steamed Broccoli Baked Apples Cold Milk	14 Breakfast/Lunch Southern Chicken Biscuit Fruit Juice/Oranges Wedges/Milk Stuffed Pepperoni Pizza (Buffalo Wings @ CMS & GCHS Sweet Potato Wedges Green Peas Sliced Peaches Cold Milk
17 Breakfast/Lunch Dunkin Sticks Applesauce Cup Cold Milk Yang's Chow Mein Noodles w/Chicken Corn Muffin Mixed Vegetables Whole Kernel Corn Fruit Cocktails Cold Milk	18 Breakfast/Lunch Homestyle Pancakes/ Sausage Fruit Juice/Sorbet/Milk Pepperoni Pizza (Nachos w/ Cheese Sauce/Chili @ CMS & GCHS) Sweet Potato Wedges Green Peas Sliced Peaches Cold Milk	19 Breakfast/Lunch Southern Chicken Biscuit Fruit Juice/Banana/Milk Chicken Alfredo Garlic Toast Steamed Broccoli Glazed Carrots' Pineapple Tidbits Cold Milk	20 Breakfast/Lunch Sliced Lemon Bread Fruit Juice/Fruit Cocktails/ Milk Turkey Roast w/ Gravy/ Wheat Rolls Blackeye Peas Collard Greens Sweet Potato Souffle Cranberry Sauce Cold Milk	21 Breakfast/Lunch Southern Sausage Biscuit Fruit Juice/Sorbet/Milk Chicken & Waffles Sweet Potato Fries Whole Kernel Corn Sliced Orange Wedges Cold Milk
24 Breakfast/Lunch Dutch Waffle Fruit Juice/Peaches/Milk Buffalo Chicken Wings Garlic Stick Sweet Potato Fries Baked Beans Diced Pears Cold Milk	25 Breakfast/Lunch Super Donut Fruit Juice/Sorbet/Milk Ham and Cheese Sandwich Baby Carrots Sliced Pickle Baked Chips Delicious Apple Cold Milk	26 	27 	28